

ABSTRACT OF THE DISCLOSURE

A wireless communication method and a wireless communication apparatus, in which standby power is efficiently reduced and throughput is rarely affected, are provided.

A terminal station enters a reception standby state of waiting for data that arrives from another station at a step [1]. Then, when data is received from another station at a step [2], whether the data is addressed thereto or addressed to another station is judged at a step [3]. If the data is addressed to another station, the terminal station returns to the reception standby state. Also, if the data is judged to be addressed thereto at the step [3], the arrival time of data is stored and estimated arrival time Δt is computed at a step [4]. In case that it is not possible to compute the estimated arrival time Δt , the terminal station returns to the reception standby state again and collects differential time ΔT between the previous time. Then, when values of the differential time ΔT to compute the estimated arrival time Δt are sufficiently obtained, the estimated arrival time Δt is computed at the step [4] to enter a sleep state at a step [5]. for only an estimated arrival time Δt .